

# The Iowa Department on Aging Reminds Iowans May is Older Americans Month

*Iowa has Nearly 601,000 Older Iowans age Sixty and Older*

(Des Moines, IA) Iowa Department on Aging (IDA) Director Donna Harvey announced today that May is Older Americans Month and encouraged Iowans to reflect and pay tribute to our older citizens. The theme of this year's celebration is **Older Americans: Connecting the Community**.

"May is designated Older Americans Month, but every day we need to show respect and honor over 601,000 older Iowans. They support and enhance their local communities in countless ways. They improve our lives with their values, life experiences, vast skills and knowledge. Recent statistics show that 76.6% of Iowans aged 65 and older were born here so they have a deep commitment to this state that needs to be recognized and honored," Director Harvey stated.

Iowa's **Life Long Links** is a valuable tool that can provide information regarding services that are available to older Iowans (age 60+) and those disabled, at any age, to help them stay at home, living and thriving in their own communities. This web-based program simplifies the search for answers to questions about what services and supports may be available in local communities to help older Iowans, and those disabled, maintain their health and independence.

**Life Long Links** works by going to the website [www.lifelonglinks.org](http://www.lifelonglinks.org). Once there, you can begin to plan according to your own special needs and find out the options available in, and near, your local community. These options can help you plan and live well with a disability or age-related concern. Whether you are responding to a current need or planning ahead, the **Life Long Links** website can help you plan, with a selection of choices, information and opinions to get the answers you need.

Director Harvey Continued, "Governor Branstad and the Iowa Department on Aging strive to provide older Iowans with the resources and support they deserve and need to lead productive, vital, dignified lives and to continue to choose Iowa as their home."

For more information on the Iowa Department on Aging (IDA) visit: <http://www.aging.iowa.gov/> or call: 1-800-532-3213.

The mission of the Iowa Department on Aging (IDA) is to provide advocacy, educational, and prevention services to help Iowans remain independent as they age. IDA administers over 32 million dollars in services and supports through a network of 13 Area Agencies on Aging across the state.

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